

Hopewell Recreation and Parks

**Focus On
Recreation**



**Enjoy
the Fun...**

ACTIVITY GUIDE

Fall/Winter Edition 2010

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Mission Statement

The Hopewell Department of Recreation and Parks believe in enhancing your opportunities for a variety of recreational activities.

We promote public well being in a safe, friendly healthy environment through dedicated services.



City of Hopewell

100 West City Point Rd., Hopewell, Va 23860
Phone 804-541-2353 • Fax 804-541-2464
Website: www.hopewellva.gov

Parks & Recreation Staff

Director
Jo Turek

Athletic Program Specialist
Ronnie Parker

Community Program Specialist
Serita Jennings

Senior Program Specialist
Verna Hock

Aquatics Program Specialist
Brad Flynn

Lifeguards
West Ford
Ashley Hundley

Customer Service Manager
Arlethia Dearing

Senior Customer Service Agent
Carol Scarbrough

Center Supervisors
Edie Blood
SeQuayia Leslie

Marina Supervisor
Jeff Davis

Marina Attendant
Eric Dunbar

Marina Maintenance
Robert Fields

Parks
Steve Howard, Maintenance Manager

Maintenance Specialist
Andy Powers
Kelvin Dillard
James Winfield
Roger Joswick

Facility Maintenance Worker
Rodney Zevgolis

Respite Leader
Sophronia Pettiford

Respite Assistant
Julia Allen

Van Drivers
Ed Hare
Everette Goodwyn

Community Center Information

Phone Numbers (TTY accessible)

General Information – 541-2304
 Classes – 541-2353/541-2304
 Athletics/Maintenance – 541-2356
 Seniors – 541-2355
 Maintenance Shop – 541-2357
 Marina- 541-6417
 Pool Staff – 541-2353/541-2304
 Fax Number – 541-2464

Recreation Commission

The members of this City Commission are appointed by City Council to represent the citizens of Hopewell and to give them an opportunity to participate in planning recreational activities, services, and policies of the department. The Commission meets the second Wednesday of each month 6:00 p.m. at the Hopewell Community Center. The following citizens are currently serving as members:

Bobby Pershing (chair)
 Jim McMillen (vice-chair)
 John Loshkreff
 Marion Hebert
 Jake Butterworth (student)
 Tiana Stokes (student)

Senior Citizens Advisory Board

The city appointed board meets the third Tuesday of each month at 10:00 a.m. at the Hopewell Community Center. The following citizens serve as members:

Shirley Brannan (Chair)
 Herndon Smith (vice-chair)
 Olivia Dragoo (secretary)
 Mildred Lindsey
 Paul Karnes
 Myrtle Casey
 Tommy Wells
 Brenda Bland

Hopewell Community Center Hours:

Mon - Thurs 6:00 a.m. - 8:00 p.m.
 Friday 6:00 a.m. - 7:30 p.m.
 Saturday 9:00 a.m. - 3:00 p.m.
 Sunday Closed

Pool Early Bird Hours

Mon, Wed, Fri 6:30 a.m.
 Tue, Thurs 7:30 a.m.

Gym/Exercise Room

Opens 6:00 a.m. Monday-Friday

Hopewell Skateboard Park Hours:

Open all year dusk to dawn

Community Center hours of Operation and Observed Holidays

The Hopewell Community Center operation hours are as follows: 6:00 a.m. to 8:00 p.m. Mon. thru Thurs., 6:00 a.m. to 7:30 p.m. Fri. and 9:00 a.m. – 3:00 p.m. Saturday. The Community Center is closed on Sundays. The Community Center will be closed on the following holidays:

September 3, 2010

Closed for Maintenance

September 6, 2010 Labor Day

October 11, 2010 Columbus Day

November 11, 2010 Veteran's Day

November 24, 2010 Close at noon

November 25 & 26, 2010

Closed for Thanksgiving

December 24, 25 & 31, 2010

Closed for Christmas & New Years

Thank you for your continued patronage.

Check out the Hopewell
 Recreation & Parks
 website at: www.hopewellva.gov

On line, you will find:
 Classes – Athletics & Fitness
 Special Events – Parks and Trails
 Senior Activities..... and much more!

SENIOR ACTIVITIES



SENIORS DAILY SCHEDULE

Walking in the Gym

- Monday – Friday, 6:30 a.m. – 8:30 a.m.

Water Aerobics

- Monday – Friday, 9:00 a.m. – 10:00 a.m.

Canasta, Pinochle, Phase 10 & Bridge

- Mondays and Wednesdays, 10:00a.m. and Bridge on Friday at 12:00 noon.

Gadabouts/Senior Birthday Social

- Celebrate with us on the fourth Tuesday of every month at 10:30 a.m.

Respite Care Group

- Meets three days a week 10:00 a.m. – 2:00 p.m. at the Community Center. They will meet Wednesday, Thursday, and Friday.

Craft Club

- The Craft Club meets every Tuesday of the month from 9:00 a.m. to 1:00 p.m.

Mexican Train Dominoes

- Join this exciting game every Thursday at 10:30 a.m.

SENIORS SHOPPING TRIPS



Southpark Mall, Wal-Mart

First Thursday of each month

September 2, October 7, November 4, and December 2, 2010.

Leave the Community Center at 9:00 a.m. and return at approximately 1:00 p.m. This program is open to seniors with or without membership card. Cost \$2. Please call the Tuesday before each trip date to reserve a spot.

K-Mart, Wal-Mart

Second Thursday of each month

September 9, October 14, and December 9, 2010.

Leave the Community Center at 9:00 a.m. and return at approximately 1:00 p.m. This program is open to seniors with or without a membership card. Cost \$2. Please call the Tuesday before each trip date to reserve a spot.

Target, Dollar Tree

Third Thursday of each month

September 16, October 21, November 18, and December 16, 2010.

Leave the Community Center at 9:00 a.m. and return at approximately 1:00 p.m. This program is open to Seniors with or without a membership card. Cost \$2. Please call the Tuesday before each trip to reserve a spot.

— Dates may be on other than first, second and or third Thursday of the month due to other department commitments.

SENIOR continued

GADABOUT MEETINGS AND BIRTHDAY SOCIAL

- Join us on the fourth Tuesday of each month at 10:30 a.m. Each date features a subject of interest and the birthday social. The meetings are held in our meeting room from 10:30 - 11:00 a.m. This is a group of seniors that meets monthly to discuss issues of importance to the aging population. It also is a way to meet others and learn of the many programs and activities that are scheduled. Each month, a guest speaker provides information pertaining to the senior population. A covered dish is then held from 12 noon until 1 p.m.

TRANSPORTATION SERVICES

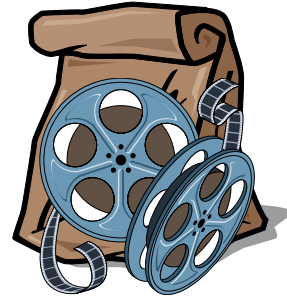
- The Hopewell Community Center provides daily van service in the Hopewell City area. We offer the service Monday thru Friday from 9:00 AM until 12:30 PM. Please call 24 hours in advance to reserve your pick-up time. The van is available to transport you to doctor appointments or any other errand you may need to run. The fee for this service is .75 cents per stop with a limit of 3 stops per day. You must complete a transportation form and have it on file with us before you can ride the vans. Call 541-2353 for additional information.

SENIOR ADVISORY MEETINGS

- Meetings are held the third Tuesday of each month at 10:00 a.m. in the Conference room. This committee was formed to help solve some of the problems facing senior citizens. If you have any suggestions or activities you would like to bring up, please attend these meetings on September 21, October 19, November 16, and December 21, 2010 at the Hopewell Community Center.

CONGREGATE MEAL PROGRAM

- We are now offering a congregate meal program on Wednesday, Thursday & Friday. We offer a nutritious lunch, socialization and education for persons 60 years of age and older who meet the Area Agency on Aging guidelines. Participants must complete an application/interview and be approved by CDAAA. Please contact Verna Hock @ 541-2355 for additional information.



BROWN BAG THEATER (MONTHLY)

Time: 11:30AM

on various days

Where: Hopewell

Community Center Meeting Room

Cost: .50 cents (beverage & popcorn)

Bring your own brown bag lunch.

Join us for a movie & lunch. We will show various movies. Be sure to check with the Community Center to find out what the latest showing is and the dates.

MONTHLY PRIZE FOR SENIORS WHO USE OUR FACILITY

Please take the time to give us your name and phone number at the front desk. This will place your name in a drawing to win a prize! We will be giving various prizes throughout the year.

TRIPS

October 25:

Fall in the Blue Ridge Mountains

Leave Center by: 8:00 AM

Estimated time of return: 6:00 PM

Register by: September 24, 2010

Cost: \$80.00 includes Round-trip motor coach transportation, Tour & Tasting at Barboursville Vineyards, lunch at Graves Mountain Lodge, refreshments aboard bus, all tax & gratuities.

Don't miss out on a wonderful Fall day, as we travel west towards the spectacular Blue Ridge Mountains of Virginia!

SENIOR continued

December 14:

Lewis Ginter Botanical Garden

Leave Center by: 3:00 PM

Return: Approximately 10:00 PM

Register by: November 12, 2010

Cost: \$74.00 includes Round trip motor coach transportation, Dinner and Admission at Lewis Ginter Botanical Garden, holiday snacks, all tax & gratuities.

Join us for a fabulous holiday evening!

LUNCH BUNCH

October 5:

**Lowery's Seafood Restaurant
in Tappahannock, VA**

Time: Leave Center by 11:00AM

Return: Approximately 3:00 PM

Cost: \$5.00 for transportation

*Lunch on your own.

Register by: September 28, 2010

Limit to the first 25 that sign up.

Join us for lunch at a Virginia family dining tradition since 1938. Lowery's is known far & wide for its fresh local Chesapeake Bay seafood.

EVENTS & CLASSES

September 24: Senior Picnic

Time: 11:30 AM- 1:30 PM

Where: Crystal Lake Park in Hopewell

Cost: \$4.00 plus 2 non-perishable food items per person (food items to be donated to Hopewell Respite Group & Hopewell Food Pantry)

Register by: Sept. 17, 2010 at the Community Center

Join us for our annual picnic at Crystal Lake. Be sure to wear a funny hat and be a part of the Funny Hat Contest. This will be an afternoon full of good food, fun & great fellowship!

November 19: Thanksgiving Luncheon

Time: 11:30AM-1:30PM

Where: Hopewell Community Center

Cost: \$2.00 plus 1 covered dish per per-

son (turkey & beverages will be provided)

Register by: November 5, 2010

Join us for our annual "Turkey Lunch"! Everyone is invited to attend and be sure to bring your favorite covered dish to share.

December 6:

Senior Christmas Dinner Dance

Time: 5:30-8:30PM

Where: Sunlight Elks Lodge, 1505 High Street, Hopewell, Va.

Cost: \$13.00 per person

Register by: November 22, 2010

Transportation services will be provided for a small fee of \$1.00 per person.

You must register for this event & transportation (if needed) at the Hopewell Community Center by November 22, 2010.

Be sure to come out and celebrate the holiday season with us. This year's event promises to be an exciting one to include good food, music, prizes and great fellowship!

DRIVER'S SAFETY CLASSES

When: Sept. 18 from 9 AM -5 PM

Nov. 16 & 17 from 9 AM – 1 PM

Where: Hopewell Community Center

Cost: \$12.00 per student (AARP member) & \$14.00 per student (non-member) for each 8 hour class

Sponsored by: AARP & Hopewell Recreation and Parks

This is an 8 hour class for adults 50 years of age and older. We will offer one 8 hour session or two 4 hour sessions. This is a refresher course for experienced drivers. The course will address the physical changes that impact driving ability and behavior and ways to compensate for the changes. Certificates of completion will be presented to those completing the entire course. Present the certificate to your insurance co. and they may give you a discount on your auto insurance.

Water Color Class

Dates & Time: September 25, October 2,

SENIOR continued

Oct. 9, & Oct. 16 from 10:00AM-1:00PM

Where: Hopewell Community Center

Cost: \$40.00 per person (Supply your own materials-water color paints, tablet & #10 or #12 brush) Please contact instructor Susan Skalleberg @ 731-6959 for additional info about materials and class. Register by: September 20, 2010

Arthritis Foundation Exercise Class

Dates & Time: Oct. 25-Dec.1, 11:00AM-12:00PM (Mon. & Wed.)

Where: Hopewell Community Center

Cost: \$10.00 registration fee

Are you looking for a better way to manage your arthritis pain? Join us for the Arthritis Foundation Exercise Program. Classes are taught by an Arthritis Foundation certified instructor. Maintain your fitness while reducing your arthritis pain.

BLOOD PRESSURE SCREENINGS

When: 2nd Tuesday

of every month

from 10 a.m. - 12 p.m.

Where: Hopewell Community Center

Lobby

Cost: Free

Service Provided by: Heaven Sent by Hometown Health Care.

AQUATICS

POOL HOURS

Monday, Wednesday - 6:30a.m. - 8 p.m.

Tuesday, Thursday - 7:30 a.m. - 8:00 p.m.

Friday - 6:30 a.m. - 7:45 p.m.

Saturday - 9:00 a.m. - 2:30 p.m.

Sunday - CLOSED

RESTRICTED HOURS

Class time Monday through Friday, 9:00 a.m.-11:00 a.m. and 5:00 p.m.-8:00 p.m.

Pool is closed from 9:00 a.m. – 10:00 a.m. on Mondays, Wednesdays, and Fridays.

Pool is open from 5:00 p.m. – 8:00 p.m. unless classes are scheduled.

Lap lanes will remain open unless posted.

Free Time

(Open only to Hopewell students who have membership to the Hopewell Community Center)

Monday, Wednesday and Friday, 3:00 p.m. – 4:00 p.m. 5:00 p.m. if no programs are scheduled.

Saturday free hours are 9:00 a.m. – 12:00 noon.

Pool Rental

Call 541-2353 Monday through Friday, 1:00-8:00 p.m. to schedule your daycare. We are again offering time for daycares to come enjoy the water. Slots are filling fast so call soon to schedule your group. Birthday Parties available on Saturdays beginning September and running through May. Anyone interested in having programs at the pool may call and ask for Brad Flynn.

Pool Schedules

Available at the front desk of the Hopewell Community Center.

Special Events

All events will be advertised and posted no less than one week ahead of the event.

Scuba

Scuba classes consist of three basic parts: (1) Academic (classroom), (2) Confined water (skills developed in the pool), and (3) Open dives (four dives). For more information on prices, dates, times, etc., you can contact Kim Walker, PADI Instructor, at 796-DIVE.

Swim Team

Virginia Association for Competitive Swimming (VACS) is a non-profit organization dedicated to the promotion of competitive swimming in Chesterfield County, the Tri-Cities and surrounding areas. VACS offers instruction, training and com-

AQUATICS continued

petition to young people of all ages and abilities.

The VACS program is divided into six practice groups and these groupings allow swimmers to train at their individual level of ability while striving to improve their physical conditioning and swimming techniques. Swimmers on VACS range from beginners to National competition levels.

Coaches are Jamie Greenwood, Bret Stone, and Shannon Royster. For more info go to www.swimvacs.org

AQUATIC CLASSES

CCID WATER AEROBICS

This class will provide exercises to increase flexibility, range of motion, and cardiovascular endurance. Classes are offered at different times to accommodate your scheduling needs. You do not have to be a swimmer to participate. **Classes run Monday through Friday.**

9:00 a.m. - 10:00 a.m. (seniors only)

West Ford or Brad Flynn, instructor.

10:00 a.m. - 11:00 a.m. (All ages)

West Ford or Brad Flynn, instructor.

7:00 p.m. - 8:00 p.m. (All ages)

Ashley Hundley, or other night staff, instructor

Cost: Must have a Hopewell Community Center membership, plus \$1 per class. Non-members of the Community Center must pay \$2 per class.

CCID Lifeguarding/CPR Classes

We offer American Red Cross Lifeguarding/CPR courses. These courses run from January-April. If you are interested in taking one of these courses, call Brad Flynn at 541-2304.

Adult Swim Lessons

We are again offering adult swim classes this spring. These classes are for every

level of swimmer-ages 16 and up and last for 2 weeks/session.

Dates: Sept 13-Sept 23

Oct 11-Oct 21

Nov 8-Nov 18

Dec 6-Dec 16

Times: 7:00 p.m. - 8:00 p.m.

Days: Mon-Thursday

Cost: Resident \$45.00 and Non-Resident \$50.00

Youth Strokes/Turns Clinic

We will once again offer a youth strokes/turns clinic during the winter and spring months. This clinic is for swimmers looking to improve their strokes and turns, or just trying to stay in swimming shape over the winter. The start date will be late September or early October and the clinic will run on Mondays, Tuesdays, and Thursdays from 7-8 pm. For more information call Brad Flynn at 541-2304.

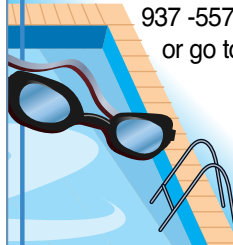
PLEASE BE AWARE THAT THE POOL IS USED BY MANY. WE WILL POST WEEKLY SCHEDULES.

FOR FURTHER INFORMATION ON THE POOL PLEASE CALL 541-2304 AND SPEAK WITH ANYONE FROM OUR AQUATIC STAFF.

619 AQUATIC PROGRAMS

The Hopewell Community Center pool is operated year round. Various instructional and recreational programs are offered to people of all ages and swimming abilities. These programs include lap swimming, senior fitness; learn to swim classes and swimnastics. Other specialty programs include Lifeguarding, Scuba Diving, and Swim Team.

Those interested in Swim Team may call Jamie @ 937 -5571 or e-mail at thadavg@aol.com or go to the web site www.swimvacs.org



For additional information, call the Hopewell Community Center at 541-2353 between 6:30 a.m. and 8:00 p.m., Monday through Friday.

ATHLETICS

Racquetball Tournament RT 422010

Open to all Adult Racquetball Players who want to compete in a double elimination Racquetball Tournament. Sponsored by Hopewell Recreation and Parks. Who will survive this tournament and become the best racquetball player in Hopewell?

Who: Adults

When: Monday, September 20 – Friday, September, 24, 2010.

Where: Hopewell Community Center

Cost: \$15.00

Register by: Wednesday, September 15, 2010. Limited to 8 players.

Youth Basketball Registration

The Hopewell Department of Recreation and Parks will hold Youth Basketball Registration starting Tuesday, October 12th thru Friday, November 26th. There is a registration fee to play youth basketball, \$20.00 for residents and \$30.00 for non-residents. There will be a \$10.00 fee for shorts. Registration Forms can be picked up at the Hopewell Community Center. Parental signature is required and a birth certificate for first time players. Any youth ages 8 to 13 can play. Don't be left out. Sign up early to avoid missing out on playing. Financial support is available for those who can not afford to pay.

CITY OF HOPEWELL 1ST ANNUAL CHRISTMAS 3 ON 3 BASKETBALL TOURNAMENT

Ready for a fun-filled day of Basketball with 4 of your best friends? Hopewell Department of Recreation and Parks will be sponsoring a Youth and an Adult 3 on 3 Basketball Tournament at Hopewell Community Center. Double Elimination Tournament with 5 divisions; Men's, Ladies, Mixed, High School, Middle School. For more information, call Ronnie Parker at 541-2356.

When: December 5, 2010.

Where: Hopewell Community Center.

Cost: \$30.00 per team.

Register by: November 17, 2010.

Youth Wrestling Clinic RT 412070

Herman Henderson, Hopewell High School Wrestling Coach, will be conducting a wrestling clinic for youth ages 8 to 18 years old.

Who: Youth ages 8 to 18 years old

When: Monday, November 1, 2010.

Where: Hopewell High School Gymnasium.

Cost: Free

Time: 6:00 p.m. - 8:00 p.m.

Register by: The Day of the clinic at Hopewell High School.

Youth Basketball Clinic RT 412060

VOLUNTEER COACHES NEEDED

The Hopewell Department of Recreation and Parks are seeking adults who would like to coach youth basketball. If interested, please call 541-2356 and ask for Ronnie Parker. A Criminal History Check is conducted yearly on all volunteer youth coaches

SPONSORS NEEDED

Hopewell Recreation and Parks is seeking Civic Organizations, Churches, Local Businesses, or Individuals wishing to support Hopewell Youth Athletic Programs in order to help defray the cost to participate. For more information about being a sponsor, please call 541-2356

ATHLETICS continued

Reggie Simon, Hopewell High School Basketball Coach will be holding a youth Basketball Clinic for ages 8-18 years old. Sponsored by Hopewell Department of Recreation and Parks.

Who: Youth ages 8 to 18

When: Tuesday, November 2, 2010.

Where: Hopewell High School Gymnasium.

Cost: Free

Time: 6:00 p.m. - 8:00 p.m.

Register by: The day of the Clinic at Hopewell High School.

Mayes Marks Basketball League Draft RT 412201

Boys 11, 12, and 13 who have registered to play basketball will have their draft at Mallonee Gymnasium on Monday, November 29th at 7:00pm.

Only players, parents and coaches will be allowed to attend the draft and remember you must be registered to participate.

Hopewell Girls Basketball League Draft RT 412091

Girls 11, 12, and 13 who have registered to play basketball will have their draft at Carter G. Woodson on Tuesday, December 30th at 7:00pm.

Only players, parents, and coaches will be allowed to attend the draft and remember you must be registered to play.

Pee Wee Basketball League Draft RT 412090

Boys and Girls ages 8, 9, 10 who have registered to play basketball will have their draft at Dupont Gymnasium on Thursday, December 4th at 5:30pm.

Only players, parents, and coaches will be allowed to attend the draft and remember you must be registered to play.

****NEW **- 3 On 3 Basketball League**

Hopewell Recreation and Parks will be offering a 3 on 3 Basketball League this winter for kids 18 and under that is presently in High School. The league will consist of 5 player s per roster. We will have a Boys, Girls, and Mixed League. Registration will start the same time as Youth Basketball Registration. For More Information Please call 541-2356 and ask for Ronnie Parker.

Who: Kids 18 and under and attend High School.

Where: Mallonee Gym

When: Saturday, December 11, 2010.

Register by: November 26, 2010

Games Begins: January 8, 2011

League Days: Saturday Afternoons

****NEW** - FALL TENNIS TOURNAMENT**

The City of Hopewell Department of Recreation and Parks once again will be invaded by tennis player's form the surrounding area in their quest to become No. 1 in their division. Awards will be plaques for the top two players in each category.

When: Mon. October 4 to October 22, 2010 5:00pm each day.

Where: Hopewell Community Center, and Riverside Park,

Cost: \$20.00 per person/per event.

Register by: Youth-Oct.1st; Ladies-Oct. 8th; Men's-Oct. 15th.

GOLF LESSONS

Jordon Point Golf Club Pro, Rick Bealert, will be the instructor. Lessons are designed for beginning golfers and for those who have been playing who wish a refresher on the basics of the game. During the four one-hour sessions you will learn the basics of the full swing, putting, chipping and pitching. Each class will last

ATHLETICS continued

one hour and is limited to 6 people per class and a minimum of 4 is needed to offer this class. Call 541-2356 for more information.

Date: Monday, October 11 2010.

Time: 6:00pm – 7:00pm

Location: Jordan Point Golf Course

Registration Deadline: October 1, 2010

Fee: \$75.00 per person

Number Of Participates: Limited to 6 people

Number Of Classes: 4 to be held on October 11, 12, 13, and 14.

****NEW** – ADULT “MONDAY” GOLF LEAGUE**

9-holes match play. Each team consists of two players. Teams may be made up of more than two players (many teams have three or four players due to members that may travel for their job or take vacations and are not available to play every week.), but only two players are allowed to comprise a team during any match. Each week a team competes against another team and plays for points. Participants will need to provide their own clubs and must be aware of proper golf course etiquette prior to playing.

Date: Monday, September 13, 2010 – Monday, October 25, 2010

Time: 5:00pm

Location: Jordan Point Golf Course

Registration Deadline: September 10, 2010

Fee: \$20.00 Registration Fee

Fee to Play: \$11 Walking/\$19.00 Cart each time

Number of Teams: Limited to 8 teams

****NEW** – 2010 NFL/PEPSI PUNT, PASS, and KICK**

Millions of kids join in on the fun of the

competition each year. Participants will compete for a chance to become the national champion! This is currently one of the world's largest youth sports participation programs. Sponsored by HQL and Hopewell Department of Recreation and Parks.

Who: Boys and Girls ages 8-15

Where: Hopewell High School

When: Saturday, September 18, 2010.

Register by: September 18, 2010

Fee: Free

COMMUNITY CLASSES

(Class dates may be subject to change due to cancellations or class make-up dates)

Karate

Join Instructor George Epps classes designed for self-defense, mediation and philosophy.

Who: Ages 8 years to adults

Where: Hopewell Community Center

Cost: \$55

Karate

RT 403500A

Dates: Nov. 2, 2010 – Dec. 23, 2010

Karate

RT 403500B

Dates: Jan. 4, 2010 – Feb 24, 2010

Morning Aerobics

Join Instructor Darlene Mon., Wed. and Fri. mornings from 9:00 a. m. – 10:00 a.m. in classes designed for all ages to increase cardiovascular, strength and flexibility.

Who: Ages 18 and up

Where: Hopewell Community Center

Cost: \$30R/\$30NR

Morning Aerobics

ATHLETICS continued

RT 423520A

Dates: Sept. 9, 2010 – Sept. 24, 2010

Morning Aerobics

RT 423520B

Dates: Sept 27, 2010 – Oct. 15, 2010

Mornings Aerobics

RT 423520C

Dates: Oct 18, 2010 – Nov. 5, 2010

Morning Aerobics

RT 423520D

Dates: Nov. 8, 2010 – Nov. 26, 2010

Morning Aerobics

RT 423520E

Dates: Nov. 29, 2010 – Dec. 17, 2010

Morning Aerobics

RT 423520F

Dates: Dec. 20, 2010 – Jan. 7, 2010

SPECIAL PROGRAMS AND EVENTS

Outdoor Flea Market

One man's junk is another man's treasure. Come and bring your old, new, and used items to our outdoor sale.

Who: People of all ages

When: Every Saturday (April – Oct.)

Where: Hopewell Community Center
Gym (Back Parking Lot)

Time: 9:00 a.m. – 1:00 p.m. (set up
time: 8:30 a.m.)

Costs: \$10.00 per table

Monster Mash

Come join an evening of fun. Give a-ways, prizes, refreshments and much, much more. Prizes will be given for the best costume for all ages.

Who: All are welcomed

When: Saturday, Oct. 30, 2010

Where: Hopewell Community Center

Time: 7:00 p.m.

Costs: \$3.00 per person

Tree Lighting Ceremony



Join us for an evening of holiday cheer. Music, Give-a-ways and of course a visit from Santa.

Who: People of all ages

When: Thurs.,
Dec. 2, 2010

Where: Ashford
Civic Plaza

Time: 7:00 p.m.

Costs: Free

Holiday Boat Parade

Join us for our 7th Annual City Boat Parade. Dress warmly and see some of the most beautiful decorated boat is Virginia.

Who: People of all ages

When: Sat., Dec. 4, 2010

Where: On the River between Jordan Point and Anchor Point

Time: Parade begins at 5:30 p.m.



Holiday Boat Parade Participants

We are looking for all boaters to join us for our 7th Annual City Boat Parade. Applications for this event are at the Hopewell Community Center. For more information call Hopewell Recreation and Parks.
804-541-2353

PROGRAMS & EVENTS continued

Santa Calling

Has your child been good this year and would like to personally tell Santa what they want for Christmas.

Or, would you like Santa to tell your child to do better in school, or chores or treat their little brother or sister better. The Hopewell Fire Department has a magic telephone number to call Santa and put you on his special list.

Who: Families

When: Calling registration forms can be picked up at all local elementary schools or at the Hopewell Community Center.

All forms must be returned to the Hopewell Community Center by December 4, 2010



Lunch with Santa

Join us for an afternoon of fun

Who: All Children

When: Sat., Dec. 11, 2010

Where: Hopewell Community Center

Time: 12:00 noon – 1:30 p.m.

Costs: \$5.00 per person (includes lunch, Christmas cartoons, caroling and a present from Santa)

Ground Xero Wrestling Shows

Join us and your favorite wrestlers for a evening of excitement and fun.

Who: All are welcomed

When: Every 3rd Saturday of each month

Where: Hopewell Community Center

Time: 5:00 p.m..

Costs: \$5.00

RIVER'S BEND CHILDREN'S CENTER



Video
Monitoring
In Every
Classroom

FULL-DAY PROGRAMS FOR
INFANTS-JUNIOR KINDERGARTEN

HALF-DAY PROGRAMS FOR
JUNIOR KINDERGARTEN



Before/After School Programs

- Computers • Secure, Loving Environment • State Licensed
- Professionally Staffed • Nationally Accredited • Gymnasium!!

CALL ABOUT GYM RENTALS! *In River's Bend*

530-5600

12201 Kingston Ave., Youth Center

530-1256

120 West Hundred Rd., Pre-School Center

TRIPS

Join us for our vacation get-a-ways.

Charles Town, WV

Departure date: September 25, 2010

Return date: September 25, 2010 .

Cost: \$40.00

Includes: Transportation on Coach with onboard bathroom, best bonus package offered by casino.

Charles Town, WV

Departure date: November 27, 2010

Return date: November 27, 2010

Cost: \$40.00

Includes: Transportation on Coach with onboard bathroom, best bonus package offered by casino.

Bermuda Cruise with Royal Caribbean Cruise Lines on the Enchantment of the Seas

Departure date: May 14, 2011

Return date: May 19, 2011.

Cost: Inside Cabin	M	\$ 915.00
Outside Cabin	I	\$1,045.00
Balcony Cabin	D2	\$1,430.00

Rates are per person, double occupancy

Includes: Transportation to and from Baltimore, port charges, government fees, travel insurance.

Passport required and is an additional charge

Deposit of \$200 per person due by Sept. 23rd to secure room and assign cabin. Final payment is due Jan 20th. Rooms are booked on a first come basis. Please register early for the best prices, cabin locations and preferred dining options



Steppin' Out Dance Academy

Dance classes offered in creative movement, tap, ballet, pointe modern/contemporary, jazz, hip hop, tumble.

Convenient class times, costumes included in your low monthly fee!
Great dance opportunities for everyone ages 18 months or older!

It's Not Too Late To Register!

206 N. Main Street, Hopewell, VA 23860 • 804-530-SODA (7632)
steppinoutdanceinva@comcast.net

Our department works with citizens of all ages and in doing so we offer a variety of programs and activities. We are always seeking donations and have compiled a list of items needed to assist in the operations of some of our programs and activities.

We appreciate your assistance as we strive to offer quality programs and activities.

*Coffee (Regular & Decaf)
 *Non perishable food items to assist Respite Program in providing nutritious snacks & lunches.
 *Tissues, hand soap, hand sanitizer, dishwashing liquid, napkins & paper towels
 * Craft materials, glue, scissors, crayons, markers, construction paper, pencils, glitter, word search & activity books, notebooks, etc.
 *New movie releases on DVD (G or PG13 rated)

* Reading books for children & current magazines for senior adults
 * 8.5 x11 or 8.5x14 color paper
 *Post cards, Boxed birthday & get well cards
 *Blank CD & covers
 *Pens & Pencils
 * Monetary donations to assist in sponsoring a child in a youth program or a disabled adult in our Respite program

Please contact Jo Turek or Verna Hock at 541-2353 for additional information.



PADDLE BATTLE which is a kayak/canoe race from Petersburg to the City of Hopewell ending at City Park which is part of Copeland Bay. The committee is planning the race now but we wanted you to put the date on your calendar. We also hope to host a time where you can come to the site and try out a kayak yourself. Sponsored with Blue Ridge Mountain Sports. For more information contact **FOLAR-VA.org**.

Tri City Bicycle Club is trying to form in the area. If you are interested in being a part of the club please send an email to: cheryl.collins@rocketmail.com



Carter G. Woodson Basketball Courts

It's almost that time of the year when basketballs will be bouncing all over the city. The City of Hopewell, Department of Recreation and Parks has four lighted basketball courts that kids of all ages could play pick-up games, 3 on 3 tournaments, or just shoot a round . The courts are open to the public after school hours until 10:00pm everyday. These courts are located beside Carter G Woodson Middle School on Winston Churchill Drive.



FOURTEENTH ANNUAL CITY POINT 5K RIVER RUN & WALK



October 30, 2010 at 9:00 a.m. has been selected for the 14th Annual Running of the City Point 5K River Run & Walk, a 5-kilometer USA Track and Field Certified Race. The run will begin on Poythress Street in downtown Hopewell at the SunTrust parking lot. The 5K course is flat, out and back, and includes a scenic run along the Appomattox River and passes several historic areas of City Point. It splits every mile and water is appropriately placed at 1 1/2 miles. The course ends in front of SunTrust Bank at the corner of Main and Poythress Streets.

Again this year we are having an age group for Children 12 & Under, and Teens 13 – 15. Also, a Senior Citizen age group for those “mature” walkers and runners age 60 – 64. Our oldest age bracket is 65 +. Last year’s running of the race was record breaking with over 440 participants. Our goal is to have over 1,000 runners and walkers as we promote health and wellness.

The City Point 5K River Run & Walk will include a Kids Fun Run sponsored by John Randolph Foundation. Starting at 8:00 a.m., the Kids Fun Run is a one-mile run/walk created especially for children ages 12 and under. Children can register for the Kids Fun Run at no charge.

**Cost: \$15 if pre-registered by Oct. 26th, includes a long sleeve t- shirt,
\$10 registration on race day but no t-shirt.**

This year we will be offering a seven-week training program provided by the YMCA of Greater Richmond. Choose between Thursday evening or Saturday morning! Course begins September 9th at 6:00pm (Thursday evening) or September 11th at 8:00am (Saturday morning) at Hopewell Community Center. Participants must be 12-years or older. Registration is \$25.00 which includes the race entry fee and race t-shirt. Everyone registered gets a free training t-shirt!

Sponsors are the City of Hopewell, John Randolph Medical Center, Tri-Cities Road Runners, YMCA of Richmond, SunTrust, Breeze-In Associates, Cooper & Claiborne Construction, Mitchell Wiggins & Company, Ford Agency Insurance, Hopewell Medical Center, Lite 98 FM, and John Randolph Foundation.

For further information, call Ronnie Parker, Race Director @ 541-2356. You can also register online at www.citypoint5k.org.

Hopewell Recreation & Parks*presents*

Good Body Fitness

Join us Mondays – Fridays for fun classes in Yoga, Zumba, Ballroom Dance, Step and Body Sculpt, Low Aerobics and Abs, and Kickbox Cardio for one low price

Monday	12:00 noon – 12:45 p.m.	5:30 p.m. – 6:15 p.m.	6:30 p.m. – 7:15 p.m.
	Yoga	Cardio Free Time	Zumba
Tuesday	5:15 p.m. – 6:00 p.m.	6:00 p.m. – 6:45 p.m.	
	East Coast Swing	Step & Body Sculpt	
Wednesday		5:30 p.m. – 6:15 p.m.	6:30 p.m. – 7:15 p.m.
		Cardio Free Time	Zumba
Thursday	5:15 p.m. – 6:00 p.m.	6:00 p.m. – 6:45 p.m.	
	Ballroom Dance	Low Aerobics and Abs	
Friday		5:30 p.m. – 6:15 p.m.	6:30 p.m. – 7:15 p.m.
		Kickbox Cardio	Zumba
Saturday	11:30 a.m. – 11:45 a.m.		
	Zumba		

Session IV: August 1st – September 31st

Punch Card - 30 swipes (30 Classes) per Session - \$50.00

Additional card time - \$3.00 per swipe

Guest Pass - \$ 6.00

No Zumba on the following dates 8/27th, 8/28th, 8/30th, 9/11th

No Ball Room 8/10th, 8/12th, 8/17th, 8/19th, 9/7th, 9/9th

No classes on 9/6th Labor Day

Session V: October 1st – November 31st

MEMBERSHIPS / FEE

COMMUNITY CENTER

Annual – unlimited use of the Center

Residents: Adults, \$180; Students, \$90;

Family, \$360; Seniors, \$90.

Non-residents: Adults, \$255; Students, \$150;

Family, \$500; Seniors, \$150.

Limited – Thirty (30) Day Admissions

Residents: Adults, \$90; Students, \$45;

Family, \$240; Seniors, \$45.

Non-residents: Adults, \$150; students, \$75;

Family, \$245; Seniors, \$75.

Monthly Membership

Residents: Adults \$35.

Non-residents: Adults \$40.

Daily Membership Charge

For Each Day's use of Center

A one time fee of \$8 for residents and

\$13 for non-residents will be added to

all current and future cardholders

Initial Card Fees for Daily Membership

Residents \$5; Non-resident : \$6

Replacement Card: \$6

Guest Pass

Residents \$5; Non-resident : \$6

With a maximum of five uses, after then a membership will be necessary to use facility.

Resident Daily Fee

Adults: \$3, Students & Seniors: \$2

Non-resident Daily Fee

Adults: \$5, Students & Seniors: \$3

The above fees and memberships apply to use of the gym, pool, sauna, tennis courts, and exercise room only. Extra fees are charged for the use of the Meeting Room, Racquetball/Handball Courts and Classes.

Corporate Membership Fees

Minimum of 10

Fee: \$120 additional fee of \$40 can be added for each racquetball membership

Racquetball/Handball Fees

Non-Racquetball Membership must pay the following to use courts:

Residents: \$3 per hour per person

Non-residents: \$4 per hour per person

Annual Racquetball Membership

(Unlimited use of courts)

Residents: \$150

Non-residents: \$200

Courts may be reserved one day in advance.

Reservations are on a first-call basis.

Free Time (Hopewell students only)

Hopewell students holding at least a Daily Membership Card may use the Center at no charge on Monday, Wednesday, and Friday, from 3 pm to 5 pm Saturday free time is from 9:00 am to 12:00 noon.

Visa/Master Card

For your convenience you can now pay for events, programs, classes, trips, etc., by Visa/MasterCard



The Hopewell Recreation and Parks Foundation is organized to support the Department of Recreation and Parks for the City of Hopewell, Virginia through charitable purposes which may include but not limited

to raising funds, accepting gifts while promoting and providing support for programs, activities, facilities, and services. Please contact us at our email address of mailto:HRPF@msn.com or by calling 804-541-2409. We accept donations as we are a 501c3 and donations may be mailed to the Hopewell Recreation and Parks Foundation at PO Box 520, Hopewell, VA 23860.

REGISTER EARLY!

Some classes fill quickly and others may be canceled due to low enrollment

FEES:

Fees must be paid in full at time of registration by check payable to City of

Hopewell, cash, VISA or MasterCard. Non-Resident fees apply to anyone living outside the Hopewell city limits. Address verification may be required. Credit card fees must be \$10.00 or higher.

ENROLLMENT:

You will be enrolled once we receive your registration form and fee. Registrations are accepted on a first-come, first-served basis until the activity is filled.

CREDITS/REFUNDS:

Credit/refund will be given if we cancel a program, trip, or facility booking, less the administration/processing fee.

Refund requests must be submitted by bringing a copy of your receipt.

We do not offer refunds for any program or trip unless you have a verifiable medical condition or emergency. A refund will then be issued, less the administrative/processing fee. Overnight trips require the purchase of trip insurance.

Five easy ways to reserve a class, program or facility you want:

Walk-In: Visit our Community Center

Phone-In: Call us at 804-541-2353

Fax-In: at 804-541-2464

Mail-In:

Department of Recreation & Parks
100 West City Point Road
Hopewell, Va. 23860

Online: www.hopewellva.gov



City of Hopewell
100 West City Point Rd.
Hopewell, Va 23860
Phone 804-541-2353
Fax 804-541-2464
Website: www.hopewellva.gov

AUTOMATED CITIZENS INFORMATION SYSTEM

ENTRY FORM

TITLE: Aquatic Classes at the Hopewell Community Center

3 DIGIT LINE #: 640

PLEASE SPECIFY INFORMATION AS IT WILL BE ANNOUNCED:

Pool Classes and Programs

at the Hopewell Community Center are as follows:

Senior Water Aerobics Monday through Friday 9:00 a.m. – 10:00 a.m.

All age Water Aerobics Mon through Fri 10:00a.m. – 11:00 a.m. and 7:00 p.m. – 8:00 p.m.

Swim Team runs September through May. For more information you may use their website @ www.swimvacs.org

Special Olympics practices during the winter months if interested call

Ms Antonia Greene @ 541-6404.

Birthday Parties and Special Events are held on Saturdays these run the months of September through May.

Home School swim time is 1:00 p.m. – 2:00 p.m. Monday through Friday from September through May.

Children's Swim Classes run March through September. Adult Swim Classes run September through December.

Private Lessons are available September through April.

Scuba Classes run year round. If interested please contact Kim Walker at the Dive Shop @ 796-3483.

Lifeguarding/CPR classes run January through April.

Day Care Swim Lessons are available year round with play time available during the months of June, July and August.

For more information please call 541-2353 or 541-2304 and ask to speak with any member of our

AQUATIC Staff or you may go to the city web site and click on Recreation. Revised 07/19/07

SPORTS CANCELLATION LINE

Inclement weather may force the cancellation of athletic events. To check the status of an athletic event, call the City of Hopewell's ACIS (Automated Citizens Information System) Sports Cancellation Line for all youth and adult sports leagues and clinics. Simply dial 541-2401, ext. 633 on weekdays during inclement weather after 3:30 pm for daily announcements.

Photograph Usage

The Department of Recreation and Parks reserves the right to use pictures, videos and recording associated with events, classes, programs and or trips for legitimate purposes, including advertising and promotion.

Inclement Weather

The Director of the Department of Recreation and Parks or appointed authority will close the Center or part thereof during inclement weather for the safety of patrons and staff.

Program, Events, Trip and Class Participation

All programs, events, trips and classes are open to the public. You do not have to be a member of the Community Center. However, members may be offered reduced or free rates depending on the event.

Facility Rental Fees

Facility	Resident	Non-Resident
Atwater Park		
Half Day	20.00	35.00
Full Day	35.00	60.00
Crystal Lake		
Large Pavilion (1/2 Day)	35.00	65.00
Small Pavilion (1/2 Day)	20.00	35.00
Large Pavilion (Full Day)	60.00	130.00
Small Pavilion (Full Day)	35.00	60.00
Gymnasium		
Full Gym (Per Hour)	51.00	65.00
Half Gym (Per Hour)	26.00	36.00
Marina		
Daily Ramp Fee	6.00	6.00
Yearly Ramp Fee	75.00	95.00
Covered Slips (Monthly)	175.00	175.00
Open Slips (Monthly)	135.00	135.00
**One month free if paid in advance for entire year		
Meeting Room – 3 Hours	26.00	47.00
Each Additional Hour	6.00	6.00
Meeting Room with Kitchen – 3 Hours	48.00	68.00
Each Additional Hour	6.00	6.00
Conference Room – 3 Hours	26.00	47.00
Each Additional Hour	6.00	6.00
Pool	51.00	61.25

The Department of Recreation & Parks provides an opportunity to rent a room, park or pool for all occasions: **Birthday Parties, Holiday Parties, Wedding Receptions, Family Reunions, Business Meetings, Seminars, and Company Parties.** A security deposit must add to all rental facility- This is a refundable security deposit.

Visit our website: www.hopewellva.gov

RECREATIONAL FACILITIES		LOCATION																
1	Arlington	X	X		X	X	X	X	X									2700 Courthouse Rd
2	Atwater	X	X		X	X									X	X	X	101 Atwater Dr
3	Atwater Soccer Complex							X						X	X	X	X	River Rd & Atwater Dr
4	Bailey's Creek Park														X			Hummel Ross Rd
5	Carter Woodson	X						X		X				X	X	X	X	1000 Winston Churchill Dr
6	City Park																X	205 Appomattox St
7	City Point	X	X	X	X	X	X			X	X			X	X	X		315 Allen St
8	Community Center									X				X	X	X	X	100 West City Point Rd
9	Crystal Lake					X	X	X					X	X	X	X	X	3502 River Rd
10	Davisville						X		X		X							Booker St
11	Hopewell City Marina													X	X	X	X	1051 Riverside Ave
12	Hopewell High							X			X						X	400 S Mesa Dr
13	King Court	X	X		X	X	X							X	X	X		1900 Waverly St
14	Mathis Park	X	X					X						X	X	X	X	3500 River Rd
15	Patrick Copeland							X	X		X							400 Westhill Rd
16	Riverside							X			X			X	X	X	X	500 N 12th Ave
17	Riverside Harbor	X			X			X							X			910 N 21st Ave
18	Skateboard Park															X	X	107 S 3rd Ave
19	Union Fork						X	X							X			700 Appomattox St
20	Union Hall						X			X								W Poythress St & Memorial Ave
21	Westwood	X	X		X	X	X	X	X			X	X		X			501 Jefferson Ave
22	Woodlawn	X	X		X	X	X	X	X			X				X		3509 Boston St
23	3 1/2 Street	X	X	X	X	X	X	X	X						X		X	400 N 3 1/2 Ave



Central VA Legal Aid Society, Inc.

Founded in 1971, our mission is zealous legal representation without charge to low income or elderly clients in civil cases and to help the low income and elderly client community through preventive community legal education. CVLAS is a non-profit 501(c)(3) organization.

Low income or elderly individuals needing assistance in these civil matters are provided advice and/or representation by staff attorneys as well as by volunteer private attorneys. CVLAS has office located in the cities of Charlottesville, Petersburg and Richmond, serving 5 cities and 15 counties.

Legal services are free to all clients who qualify. Qualification for CVLAS' services are based on several different factors. Two of the most essential are residence within our service area (or a case within the court system in our service area) and income & resource eligibility.

2006 Wakefield Street
Petersburg, VA 23805

Phone: 804.862.1100

Fax: 804.861.4311

Toll Free: 1.800.868.1012

Website: cvlas.org

CENTRAL VIRGINIA LEGAL AID SOCIETY, INC. SOUTHSIDE OFFICE (804) 862-1100

Provides free civil (non-criminal) legal assistance to low income people in the cities of **Petersburg, Hopewell & Colonial Heights** and the counties of **Charles City, Dinwiddie, Prince George & Surry**.



Cases: Chapter 7 Bankruptcies, No-fault Divorces, Consumer, Debtor Rights, Disability, Domestic Violence, Elder Law, Employment, Family, Garnishment, Health, Housing, Foreclosure Prevention, Evictions and other landlord/tenant issues, Public benefits, Supplemental Security Income (SSI), Unemployment Compensation, Civil Rights.

Eligibility: Generally, households must have gross income below 125% of the federal poverty guidelines. Households with income up to 187½% of the federal poverty may be accepted in certain situations. Households also must have low resources. Older adults (60 or older) may receive legal advice without regard to their finances. Applicants for service must be legally in the country unless their case involves domestic violence.

How to apply: All clients must be screened for income & resource eligibility. Most intake is done over the telephone.

**Intake Hours are: Monday through
Thursday—9-11:30 a.m. and 1-2:30 p.m.**

United Way of Hopewell-Prince George



On Friday October 22, 2010 the Hopewell Prince George United Way will host our first golf tournament at Jordan Point Golf Course.

\$70 per Player-\$280 per Foursome

Event: United Way of Hopewell-Prince George Golf Tournament
at Jordan Point Golf Course, 1100 Jordan Point Road Hopewell, VA

Date: Friday October 22, 2010

Registration will open at 8:00 A.M.

There will be a modified four-player scramble
with a **9:00 A.M. shotgun start.**

Players who do not register as a member of a team will be assigned
partners at registration the day of the tournament.

Fees include cart and greens fee, plus morning snacks.

**Sponsorship
Availabilities
to register please call
804-541-3969**

